





Physical Activity For Children Three to Four Years



Benefits of Physical Activity to Children

- ★ Healthy heart
- ★ Social development through play
- ★ Problem solving skills
- ★ Increased coordination and movement skills
- ★ Higher self-esteem

Physical Activities for Children Three – Four Years old

Read, Run, And Race About	Alphabet Zoo	Ride'em Cowboy/Girl	Cape Capers
 Select a favorite action storybook and have the child imitate the actions and expressions of the characters as the story is read aloud.	 Create an action story on an imaginary visit to the "Alphabet Zoo." Go through the alphabet using an animal that starts with each letter. Have your child imitate the movement of that animal. (Bird – Flying)	 Place a jump rope under the arms of the child and grasp the pretend reins as the child gallops in creative pathways. "Giddy up horse walk, trot, run, whinny, whee hee hee! Oh what fun! Riding together you and me."	 With a small blanket or bath towel, show how to make a cape, placing the prop behind the neck. Have your child grasp the prop over out-stretched hands and pretend they are flying like an eagle, flapping wings and soaring.

Movements to Work on With Your Child

Bouncing	Hopping	Springing
Darting	Jumping	Striking
Dashing	Plodding	Tossing
Dodging	Scampering	Trudging
Fielding	Searching	Wandering
Flying	Slithering	
Gallop	Soaring	



Sample Toys for Children Three Years to Four Years

- Bouncing Tubes, 24" Hoops
- Bowling Set
- Double Blade Ice Skates
- Jump Ropes or Spider Balls
- Lightweight Hand Paddles
- Low Balance Beam
- Pedal Ride-Ons
- Rhythm Band Instruments
- Scooter Boards –Safety Grips
- See-Saw
- Low-6' Tunnel
- Soft Baseball & Bat
- Stick Pony
- Tricycle-Low Slung 10"-12" Back Wheel
- Wading Pool

References:

Clements, Rhonda, Lee, Michael, G. H. C. Illustrations, & O'Sullivan. The Diane Lindner-Goldberg Child Institute, Parent's Guide To Physical Play. New York State Department of Social Services. July 99.

3,000 copies of this publication were printed by the SD Department of Health at a cost of \$.06 per copy.